

Pineapple Guava Chia Muffins (Vegan Feijoa Recipe)

Ingredients

- 1 cup blended feijoas (see first step for more details)
- 1 cup soymilk (or other plant-based milk)
- ½ cup sugar
- ¼ cup vegetable oil, or other neutral flavored oil
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 2 tbsp chia seeds
- 2 tsp. baking powder
- ½ tsp. salt

Steps

1. Preheat the oven to 350°F (175°C). Prepare a regular sized muffin tin and grease 12 muffin rows. Wash your feijoas well and cut off the dried, papery flower end. Blend them skins and all until you have a puree (I used a measuring cup and an immersion blender for this, and it worked quite well).
2. Combine the blended feijoa with the soymilk, sugar, vegetable oil, and vanilla extract in a medium bowl, and mix well. In a larger bowl mix the remaining dry ingredients. Add the wet ingredients to the dry, and mix until it's all incorporated.
3. Divide the batter equally into the muffin tins, filling them to about ¾ of the way to the top. Bake for about 30 minutes, or until a toothpick inserted into the middle comes out clean. Let cool, remove from the tray, and enjoy!

